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### ● Islands.

Draw 4 to 6 circles. Follow the leader, hands joined, skipping about the room. Whistle - run to islands. Those who cannot get in circle (foot not touching the line) are out. Cross off an island each time.

### Pick-Up Relay.

Relay formation. 5 clubs, 5 mounds, 5 dumbbells, must all be carried at one time, pick up any article that falls. The equipment should be placed so that each player runs to the articles, carries them a suitable distance, replaces them, then runs to touch off the next player.

### Three at a Time Relay.

Relay formation, first 3 runners stationed at intervals beyond starting line. First runner touches off 2nd, then 3rd. Following the initial start, race continues as ordinary relay. Finish as soon as nos 1-2-3 are in circles again.

Junior High School . Grade VII - Sen. 14 12<sup>nd</sup>

Grade VIII - 1<sup>st</sup> from High

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### Reverse Tunnel + Pick-Up Relay

xxxxxx |  
xxxxxx |

Equipment - One ball for each team.  
Teams stand with feet astride to form a tunnel.

On the whistle, the leader turns to her lt. & runs to the back of her line & passes the ball up the tunnel, at the same time she runs up to line A, picking up the ball at any point she likes, bounces over & line A & runs back with the ball in hand, giving it to no. 2, who turns lt. & continues in the same way. The leader after giving up the ball runs to her lt. & takes up her position at the end of the line before no. 2 rolls the ball through the tunnel. Last runner hands the ball to the leader when the whole team

- Points - the ball must be handed to the next player, not thrown.

### Single Arm Circle Pass.

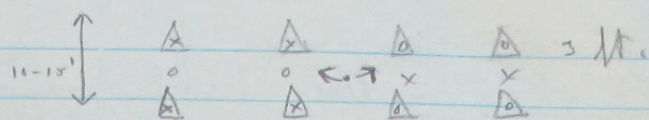
A any no. of players arranged in circles with lt. hand fixed on the shoulder of the one in front.

Equipment - one ball for each team.

Game - leader starts with the ball in st. hand, throws it over her head to the one behind, who controls ball with the st. hand only & arches ball on in her turn. The ball continues around the circle until it reaches the leader, who calls "change" & all fix the other arm & continue controlling & throwing with lt. hand only.

As an alternative the race can be taken a given no. of times round with the players changing the fixed arm at a signal any time during the race.

- Points - the ball must pass over the head of each player & be a short wristy pass, because the players are so close together.

Square Ball . 

Formation - Triangles, sides 3 ft. - marked in sets of 4, forming a square - 10-15 ft. apart.

Each team has 4 basemen, each of whom stand inside a base, & 2 defenders who take up their positions in an opposing square. The game is divided into 3 equal parts, the defences & 2 of the basemen exchange places at the end of the first & second periods.

Object - the object of the game is to score "Rounders".

A rounder is scored.

- When the basemen of one team have passed the ball once around in the same direction.
- When any two basemen have passed the ball 4 times consecutively between each other in two passes each.

Procedure - The ball is bounced between the nearest two opposing defenders, who stand with 1 ft. side towards opponents bases & 4 ft. apart. The aims of the defenders are to get the ball to their basemen & to prevent the opposing

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